

GYM SCHEDULE

BURBANK YMCA

Effective March 25th 2024

*Reservation Required for Group Exercise, Pickle Ball, & Open Climbing on MotionVibe or the YGB App



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|--|---------------------------------------|
| OPEN GYM 5:30 – 6:45 AM | *GROUP EXERCISE 5:35 – 6:20 AM | OPEN GYM 5:30 – 6:45 AM | *GROUP EXERCISE 5:35 – 6:20 AM | OPEN GYM 5:30 – 6:45 AM | | |
| *GROUP EXERCISE 7:15 – 8:15 AM | GYM CLOSED | *GROUP EXERCISE 7:15 – 8:15 AM | GYM CLOSED | *GROUP EXERCISE 7:15 – 8:15 AM | *GROUP EXERCISE 7:15 – 8:15 AM | |
| OPEN GYM 8:30 – 10:30 AM | *GROUP EXERCISE 8:30 – 9:15 AM | OPEN GYM 8:30 – 10:30 AM | *GROUP EXERCISE 8:30 – 9:15 AM | *GROUP EXERCISE 8:30 – 9:15 AM | OPEN GYM 8:30 – 9:45 AM | *GROUP EXERCISE 8:00 – 8:45 AM |
| | OPEN GYM 9:30 – 10:30 AM | | OPEN GYM 9:30 – 10:30 AM | OPEN GYM 9:30 – 10:30 AM | | *GROUP EXERCISE 8:45 – 9:15 AM |
| YMCA CHILD CARE 10:30 – 11:30 AM | | | | | | ADULT PICKUP BBALL 9:30 – 11:00 AM |
| OPEN GYM 11:30 AM – 1:45 PM | *PICKLE BALL 11:45 AM – 1:45 PM | OPEN GYM 11:30 AM – 1:45 PM | *PICKLE BALL 11:45 AM – 1:45 PM | YMCA AFTER SCHOOL & CHILD CARE 12:00 PM – 5:30 PM | YOUTH SPORTS CLASSES 9:45 AM – 2:15 PM | 1/2 FAMILY GYM 11:00 AM – 4:00 PM |
| YMCA AFTER SCHOOL & CHILD CARE 2:00 PM – 5:30 PM | | | | | NOTE: YMCA Madness Basketball is held at North Suburban YMCA in Woburn | 1/2 OPEN GYM 11:00 AM – 4:00 PM |
| | 1/2 PRE-K SAMPLER 4:30 PM – 5:15 PM | *FAMILY OPEN CLIMB 4:15 – 5:30 PM | 1/2 TINY TUMBLERS 4:30 PM – 5:15 PM | | | |
| *GROUP EXERCISE 5:30 – 6:45 PM | *GROUP EXERCISE 5:30 – 6:45 PM | *GROUP EXERCISE 5:30 – 6:45 PM | *GROUP EXERCISE 5:30 – 6:45 PM | TEEN GYM 5:30 – 8:00 PM | 1/2 FAMILY GYM 3:30 – 5:00 PM | |
| FAMILY GYM 6:45 – 7:30 PM | OPEN GYM 6:45 – 9:00 PM | MEN’S BASKETBALL LEAGUE 7:00 – 9:00 PM | MEN’S BASKETBALL LEAGUE 7:00 – 9:00 PM | | | |
| OPEN GYM 7:30 – 9:00 PM | | | | | | 1/2 OPEN GYM 3:30 – 5:00 PM |

Schedule is subject to change based on programming and special event needs.

Family Gym: Nets may be adjusted

Family Climb: Minimum age 5 to top rope. Children under 13 must have caregivers with them

Open Gym: Open to all members including adults and children. Children under 13 must have caregiver with them